



## **DepressionCanBeFun.com sees visitor numbers rising by 24% as 4.3million affected by SAD after clocks go back**

London, 17<sup>th</sup> November 2010, DepressionCanBeFun.com has seen an increase in its visitor numbers by 24% as 4.3 million people are affected by Seasonal Affective Disorder (SAD). Known as the winter depression, it occurs between September and April - with particular problems during December, January and February affecting 7% of the UK population. The site, which offers health suggestions, guidance and a forum to share advice, often sees a rise in visitors at this time of year.

The lack of daylight hours in winter is often attributed to SAD and depression in general. Combined with the economic situation in the UK the shorter days are adding to people's general malaise. The DepressionCanBeFun.com site is designed to help people overcome these winter blues and depression in general.

"The winter often produces an increase in the amount of people who come to us seeking help and this year has been no exception," said Helen McNallen, founder of Depression Can Be Fun. "There are so many things people can do to help beat depression in terms of diet, exercise, home therapy and homeopathic remedies and I think they come to our site to find guidance. Depression is treatable and there are things people can do to make it better, such as eating healthily, and taking herbal supplements such as Filisa that can help them overcome this debilitating mental illness and the site has lots of information on this."

The clocks went back on 31<sup>st</sup> October 2010.

### **About DepressionCanBeFun.com**

Helen McNallen has suffered from Clinical and Bipolar Depression and wants to help others by spreading the word, which is why she created Depression Can Be Fun. The site's name originated from the 'black

comedy' of her experiences of manic depression. The site was launched officially on World Mental Health Day, 10th October 2008.

The aim of the website is to raise awareness of Depression and Mental Illness and to provide informative and interactive help and support for sufferers, carers, or people affected or interested by Depression, from their homes 24 hours a day. DepressionCanBeFun.com is a not for profit organization

Contacts:

Helen McNallen

Tel: 0788 791 5630

Email: [helenmcnallen@aol.com](mailto:helenmcnallen@aol.com)

Michelle Brown

Tel: 0777 999 3976

Email: [michelle@francisbrowne.com](mailto:michelle@francisbrowne.com)